



## 3 Day Quick Fix **Suggested Shopping List** {ALL Brackets} Ultimate Portion Fix | 21 Day Fix

### Green Container

- Broccoli
- Asparagus
- Green beans
- Zucchini
- Cucumbers
- Cauliflower
- Bell Peppers

### Red Container

- Egg Whites
- White Fish
- Chicken breasts or tenderloins
- Ground turkey (93% or leaner)

### Yellow Container


- Steel Cut Oats
- Yams

### Teaspoon

- Extra Virgin Coconut Oil

### Measurements

Green  = 1 cup

Red  =  $\frac{3}{4}$  cup

Yellow  =  $\frac{1}{2}$  cup